



## Roll up your lasagna

Mushroom and spinach miniature lasagna rolls PAGE 19

## SIPPIN' PRETTY

ROWDY BUT NEVER RUDE, CANUCKS SHOW THEIR SPIRIT AT A CANADIAN PUB IN LONDON. FOR PHOTOGRAPHIC EVIDENCE, SEE THE GALLERY AT METRONEWS.CA STORY, PAGE 6



OTTAWA

# metro

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Tuesday, August 7, 2012

News worth sharing.



## HEARTBREAKER

Canada's Christine Sinclair aims to close down United States' Megan Rapinoe during Canada's agonizing 4-3 semifinal extra-time loss in women's soccer at the 2012 London Summer Olympics, in Manchester, England, on Monday. More Olympic coverage, pages 23-25. HUSSEIN MALLA/THE ASSOCIATED PRESS

## A golden 50 years

**Spirits raised.** Olympic victory gives boost to celebrations marking Jamaica's 50th year of independence

JESSICA BEDDAOUI  
ottawa@metronews.ca

Usain Bolt's gold-medal-winning 100-metre run gave Ottawa's Jamaican community an extra boost on a day when they were already feeling proud. Jamaican-Canadians gathered at city hall to celebrate 50 years of Jamaican independence with a flag-raising ceremony, but the hot topic was another gold medal at the Games. "The timing couldn't be any more perfect," said Mayor Jim Watson. "Today is the medal

ceremony in London and the Jamaican flag will be raised." On Saturday, Jamaican native Shelly Ann Fraser took home a gold medal, leading a Jamaican sweep in the women's 100-metre final. On Sunday, Usain Bolt breezed past his competition, claiming another gold medal in the men's 100-metre final. Bolt crossed the line in 9.63 seconds, setting an Olympic-record, falling shy of his 9.58 second world record. "Their efforts have united Jamaicans all over the world," said Ewart Walters, the Ottawa chair of Jamaica50, a group organizing anniversary celebrations. But how do the Jamaican-born athletes do it? "Some say it's the genes, some say it's in the coaching," attendee June Garvin said. "Usain Bolt's dad says it's the yams."



## Still on board

- Alexandre Despatie continues his comeback from a diving accident when he competes in the three-metre springboard final. Watch him today at 1:55 p.m on CTV
- Three more Olympic best-bets PAGE 24

GIVING CANADA'S ATHLETES THE VISION TO SUCCEED

LASIK starting at \$490/eye\* • FREE Consultation: 1-877-769-3030 • www.lasikmd.com

**LASIK MD**

VISION



Get yours  
before August 13



# iPhone 4 is now \$0

\$0

with select 3-year  
Fido Agreements\*



iPhone

Get the Fido ADVANTAGE™

FidoTRADE | FidoDOLLARS | Fido LiveANSWERS



It's time to switch.

Go to **fido.ca**, visit a store or call **1-866-301-3436**.



#### FIDO STORES

Quinte Mall, Belleville  
360 Maloney West Blvd., Gatineau  
Les Galeries de Hull, Gatineau  
Promenades de l'Outaouais, Gatineau  
Cataract Town Centre, Kingston

Bayshore Shopping Centre, Nepean  
Place D'Orléans, Orléans  
70B George Street, Ottawa  
Billings Bridge Mall, Ottawa  
Carlingwood Mall, Ottawa

Elmvale Mall, Ottawa  
Merivale Mall, Ottawa  
St. Laurent Shopping Centre, Ottawa  
Landsdowne Place Mall, Peterborough

FUTURE SHOP

WIRELESS etc...

booth  
wireless

COSTCO  
WHOLESALE

«WIRELESSWAVE»

Walmart

BEST  
BUY

THE MOBILE SHOP  
Exclusively where President's Choice products are sold.

Offers end August 13, 2012 and are subject to change without notice. \*With new activation on 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (e.g. \$10/100 MB Add-on excluded); Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. © 2012

# Did Madoff own any of these things? Maybe, maybe not

**Ottawa sale.** Auction house says some items belonged to Ponzi scammer, but won't say which ones



JESSICA SMITH  
jessica.smith@metronews.ca

Fourteen pairs of Bernie Madoff's underwear reportedly fetched \$200 US at a Florida auction, but anyone who wanted to make such an intriguing find in Ottawa on Monday was out of luck.

An auction held in the basement of the Ottawa Marriott Hotel promised "Bernie Madoff seizures + released customs seized valuables," in an ad in the Ottawa Citizen.

As people entered, a man in a suit told everyone who asked that "a sizable chunk" of the goods up for auction once belonged to the notorious financier. But which goods? No one was saying. "It's a collection of estates, and one of the estates is Madoff," he said.

Auction workers at the event said they didn't know where the paintings, jewelry and rugs they were auctioning came from, only that some belonged to Madoff. They also declined to give their names, and had journalists and photographers kicked out of the hotel.

"I will get fired if I give interviews," said the suited

## Quoted

"All of (Madoff's) assets were seized by the federal government. This is really an area where consumers need to be very wary."

Mary Broz-Vaughan of the Virginia Auctioneers Board

man when asked for his name and the names of his employers.

The auctioneer promised the gold and diamond jewelry up for auction was real, offering to write that fact on an invoice after the auction and send a certificate of authentication by mail two weeks later, but not before the sale. "We don't have them here," he said.

Asked if there was any assurance that what he claimed about the jewelry was true, he offered the good name of his business. "We've been in business 25 years," he said.

A Torstar News Service investigation traced the company behind the auction in Ottawa and other Ontario cities — Berkeley Auctions — to a pair of brothers from Virginia who have been fined or shut down in at least seven states.

"They're just notorious," said Mary Broz-Vaughan, of the Virginia Auctioneers Board.

She said using Madoff's name as a draw is not a new phenomenon, and can be a scam. "All of his assets were seized by the federal govern-



Art up for auction is displayed in the Laurier Room of the Ottawa Marriott Hotel on Monday afternoon. An ad for the auction promised oil paintings and "graphics" by famous artists including Salvador Dali and Pablo Picasso, but the majority of the works were prints. JESSICA SMITH/METRO

ment. This is really an area where consumers need to be very wary," she said.

Bernie Madoff's belongings were originally auctioned off by the U.S. Marshals Service, but can be resold. According to the Miami Herald, an auction at Madoff's Palm Beach estate drew \$400,000 US — including \$200 for the underwear.

Madoff, once the Nasdaq chairman, used his reputation and savvy to dupe sophisticated investors, regulators and Wall Street banks.

Madoff confessed in December 2008 that he was running a multi-decade Ponzi scheme and that more than \$65 billion US he claimed to have on hand for investors had dwindled to

a few hundred million dollars from an original investment of about \$20 billion. He pleaded guilty to fraud and is serving a 150-year prison sentence in Butner, N.C.

WITH FILES FROM THE ASSOCIATED PRESS

Follow Jessica Smith on Twitter @jessicacatherine



## Spate of stabbings mars holiday weekend

Police in Gatineau and Ottawa are investigating three unrelated stabbings that sent three men to hospital on Saturday night.

At 11:39 p.m., Gatineau

police were called to a McDonald's at 213 Aylmer Rd., where two large groups were involved in a loud altercation. Police say a 22-year-old Gatineau man tried to break up a

fight and was stabbed on his right side.

The suspects fled, and the victim was taken to hospital in Hull and is being treated for non-life-threatening injuries.

Earlier in the evening Ottawa police responded to a call at 7:45 p.m. on Mutual Street and found a man with serious stab wounds. He was taken to hospital and treated.

At 11:30 p.m. a fight broke out on Osgoode Street and a man with minor injuries was sent to the hospital. He was released early Sunday.

JESSICA BEDDAOUI/FOR METRO

# 1 NEWS

Mobile news



Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the pole-vaulting world record for his age group.



UP TO  
**20% OFF**  
All Laser Hair Removal

dermisadvancedskincare.com



exclusively at

**dermis**  
ADVANCED SKIN CARE

Pure advanced skin care is all we do

SPECIALIZING IN VEIN THERAPY AND LASER HAIR REMOVAL

DOWNTOWN OTTAWA  
116 Albert St. | 613.233.7546



ORLEANS  
3712 Innes Rd. | 613.854.3376





## Quebec solidaire. Party bucks 'federalist' charge with beaver-booting ad

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile underneath a Mountie Stetson?

The political party Quebec solidaire, that's who. In fact, in an ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen. The cartoon ad has been posted to the Internet and is one of five that the small left-wing party says is aimed at clearing up misconceptions about it.

The party shares ties with some members of the federal NDP and has been under attack lately by opponents who accuse it of selling out the independence movement.

"There are rumours that

members of Quebec solidaire drape themselves in the Maple Leaf and hold questionable ties to beavers," the ad's narrator says. "In fact, that's not quite the case."

Though it has only one seat in the legislature, Quebec solidaire could siphon support from the Parti Quebecois. To rally the sovereigntist vote, former Bloc Quebecois Leader Gilles Duceppe and others are attacking the party's commitment to independence.

The ad is an attempt to address that attack. "Federalist, Quebec solidaire? Not at all. Sovereigntist — but not like the others," says the ad's narrator. The ad ends with a joke: Quebec solidaire says no beavers were harmed in the making of their new spot.

THE CANADIAN PRESS



A stick-figure kicks a beaver in a spot for Quebec solidaire. THE CANADIAN PRESS

## London Games. Man charged in Olympic bottle-throwing incident

An Olympic spectator accused of hurling a plastic bottle onto the track seconds before the men's 100-metre final pleaded not guilty on Monday to creating a public nuisance.

Ashley Gill-Webb, 34, spoke only to deny the charge and confirm his personal details during a brief appearance at Stratford Magistrates Court. He was granted conditional bail with a trial scheduled for Sept. 3, and was banned from the Olympics.

Sunday's race, won by Jamaican sprinter Usain Bolt,

was not disrupted.

Gill-Webb's actions enraged Dutch judo bronze-medal-winner Edith Bosch, who was inside the stadium near him. She told Dutch TV she intervened after the bottle was thrown and pushed Gill-Webb in the back, causing her to miss the race.

"I'm not suggesting vigilantism but it was actually poetic justice that they happened to be sitting next to a judo player," said Sebastian Coe, chairman of the London organizing committee.

THE ASSOCIATED PRESS

### Sexual assault

## Police hunt west-end home invader

Ottawa police are looking for a suspect after a woman was sexually assaulted in her west-end home on Sunday.

Police say the victim, 18, had just returned to her home near Baseline and Greenbank Road when she heard her doorbell ring at about 3 a.m. She answered the door and an unknown

man forced his way into her house and sexually assaulted her. The woman suffered minor injuries and needed medical attention.

The suspect is described as a "Middle Eastern" man in his mid-20s, between five-foot-nine and five-foot-11, with a thin build of about 150 pounds. He has short brown hair and tailored facial hair.

Anyone with information is asked to contact Ottawa police, at 613-236-1222, ext. 5944, or Crime Stoppers, at 613-233-8477 (TIPS).

JESSICA BEDDAOUI/FOR METRO



Telecom engineer Peter Llott, centre, and colleagues celebrate Sunday's successful Mars landing of NASA's Curiosity rover at the Spaceflight Operations Facility at the Jet Propulsion Laboratory in Pasadena, Calif. Curiosity is equipped with a nuclear-powered lab capable of vapourizing rocks and ingesting soil, measuring habitability and possibly paving the way for human exploration. BRIAN VAN DER BRUG/THE ASSOCIATED PRESS

# 'Terror' to triumph: Rover sends glimpses of Mars

**Curiosity touches down.** Scientists hope \$2.5-billion mission will pay off with new discoveries and pave way for astronaut landings

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image,"



One of the first images taken by NASA rover Curiosity after it landed on Mars late Sunday. NASA/JPL-CALTECH/GETTY IMAGES

### Over the moon

"This team came back with the gold."

Charles Elachi, director, Jet Propulsion Laboratory, on the NASA team behind Curiosity

said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one tonne, and the Martian atmosphere is thin, not offering much friction to slow the spacecraft down.

The arrival was an engineering tour de force, featuring never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

More images, including video of the landing and beautiful colour shots of Mars,

will follow in days to come. It will be weeks before Curiosity starts digging into the red planet's past.

Cheers and applause echoed through the NASA Jet Propulsion Laboratory after signals from space showed Curiosity had survived the plunge. Minutes after the landing signal reached Earth, Curiosity beamed back the first black-and-white pictures from inside a crater showing its wheel and its shadow, cast by the afternoon sun.

Gilles Leclerc, director-general of space exploration at the Canadian Space Agency in Longueuil, Que., said workers there were celebrating as well, having spent years working on

a device aboard Curiosity that will help look for signs of life.

"Well, we're Canadians, eh? So it was less enthusiastic but I would say it was as emotional as it was in the U.S. But there were cheers indeed and it was again a great moment."

Still, he said, there were some tense moments.

"The seven minutes of terror that we had been told to expect turned into a triumph in the end because it was a very daring landing technique and it was successful ... so we were all very ecstatic."

The voyage to Mars took more than eight months and is NASA's seventh landing on the planet.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

Slideshow: A NASA scientist describes the first images of its gymnastics through the "seven minutes of terror." Go to metronews.ca.



## One giant leap for Canada

Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help answer questions about our own planet, the Canadian Space Agency says.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Stéphane Desjardins, the CSA's director of space exploration projects, said on Monday. "What happened to Mars? How

come it lost its atmosphere? It's important to find out about that, since both planets, we believe, were similar."

Curiosity's made-in-Ontario Alpha Particle X-ray Spectrometer (APXS), attached to a robotic arm, will play a key role in collecting data, Desjardins said.

When the arm points the APXS to a rock or soil sample, the instrument can detect

what it is made of.

"We're doing it to learn about Mars and what it went through, because Mars is a similar planet to Earth. Today it's dry and cold, but at some point, we believe, it was wetter and had the thicker atmosphere," he said. "We're going to study the geology and maybe learn about our home planet by doing that."

JESSICA SMITH/METRO





# GoldWave GOLDBUYERS

## OTTAWA'S #1 CHOICE FOR SELLING GOLD

### WHAT WE BUY:

- Gold In Any Condition
- Broken Gold
- Damaged Gold
- Yellow Gold
- White Gold
- Chains, Rings, Pendants
- East Indian, Asian Gold
- Bullion
- Coins
- Gold Bars
- 10k, 14k, 18k, 21k, 22k, 24k GOLD
- Silver Jewellery
- Estate Gold
- Scrap Gold

AND MUCH MORE !

### HOW IT WORKS...

1. Bring your unwanted, broken or damaged gold jewellery to our kiosk
2. Your items will be tested right in front of you by our staff
3. We will pay you CASH on the spot, it's that Simple!

## CASH FOR GOLD!

Sample Purchase (A)

Purity was 22k

**PAYOUT \$6,320**



Sample Purchase (B)

Purity was 10k

**PAYOUT \$620**



Sample Purchase (C)

Purity was 14k

**PAYOUT \$1,540**



**SELL YOUR GOLD INSIDE  
ST. LAURENT SHOPPING CENTRE  
1200 ST. LAURENT BLVD**



**FIND US ON THE MAIN LEVEL  
ACROSS FROM LAURA SECORD  
AND THE LOTTO CENTRE**

BRING THIS COUPON TO  
GET AN ADDITIONAL

# 15% MORE CASH

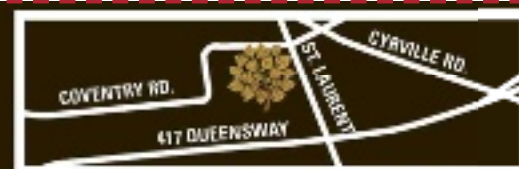


## 613-255-4638

HOURS: MON-SAT 9:30AM – 9PM

SUN 11:30AM – 5PM

[www.goldwavestores.com](http://www.goldwavestores.com)



St. Laurent Shopping Centre  
1200 St. Laurent Blvd.





From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO



Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

# Red, white and brews at London's Maple Leaf pub

**Waving the flag.**  
Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY

For Metro Canada in London, England

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palmieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella



Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's "pub correspondent" Laura Fortey. For more photos of the Maple Leaf pub, go to [metronews.ca/olympics](http://metronews.ca/olympics). METRO

said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 Games in Calgary when I was 12 and

I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford said he loves that he's in London with fellow Canucks, drinking

Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything

patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

## Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear; Canadian flags hang from the ceiling; and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palmieri said

Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food-safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love

this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada-U.S. women's soccer game on Monday.

Although general manager Palmieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

### Taste of home

## Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian-food store that is popular with expats looking for a taste of home.

The shop started as an Australian-food shop and over the years added South African, New Zealand and Canadian items.

"Sometimes I go to the Canadian-food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week, Canadians have been rushing in here last-minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343 g): \$17.55
- Lay's chips (40 g): £1.30 (\$2)

- Cleary's Maple Syrup (250 mL): £8.15 (\$12.70)
- Cans of Molson Canadian: one for \$3; six for \$16.40; 24 for \$58.50.

LAURA FORTEY/FOR METRO



Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO



The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO





**BELLEVILLE**  
324 North Front St.  
(613) 969-0120

**BROCKVILLE**  
2399 Parkdale Ave.  
(613) 345-3161

**CORNWALL**  
Cornwall Square  
(613) 936-2083

**GLOUCESTER**  
Gloucester City Centre  
1980 Ogilvie Rd., Unit 136  
(613) 842-7285

**KANATA**  
Hazeldean Mall  
(613) 271-1153  
Kanata Centrum  
Shopping Centre  
(613) 599-9690

**KINGSTON**  
Cataragui Town Centre  
(613) 634-9897  
Kingston Centre  
(613) 546-6043  
122 Princess St.  
(613) 549-0315

**NEPEAN**  
130 Riocan Ave.  
(613) 823-9240

**ORLEANS**  
2020 Lanthier Dr., Unit E2  
(613) 590-0289

**OTTAWA**  
901 Carling Ave.  
(613) 238-7533  
104 Bank St.  
(613) 230-0202  
1465 Merivale Rd.  
(613) 224-9222  
205 Richmond Rd.  
(613) 724-2674  
1719 St. Laurent Blvd.  
(613) 276-8585

**PEMBROKE**  
670 Pembroke St. W  
(613) 732-1602  
1100 Pembroke St. E,  
Unit 210  
(613) 732-1602  
3435A Petawawa Blvd.  
(613) 732-1492



**NEPEAN**  
Bayshore Shopping Centre  
(613) 726-7665

**OTTAWA**  
2121 Carling Ave., Unit 87  
(613) 798-1946  
1200 St. Laurent Blvd.,  
Unit 248  
(613) 746-8546  
50 Rideau St., Unit 327C  
(613) 232-4800  
110 Place D'Orleans Blvd.,  
Unit 290  
(613) 590-2237

2269 Riverside Dr., Unit 44  
(613) 737-2071

690 Bank St.  
(613) 668-5499

**BELLEVILLE**  
Quinte Mall  
(613) 969-2130

OFFER ENDS  
AUG. 8<sup>TH</sup>

# Now see what your phone can really do.

## THE NEW 6 GB SUPER PLAN



**6 GB OF DATA | UNLIMITED CANADA-WIDE MY10<sup>1</sup> | UNLIMITED MESSAGING<sup>2</sup>**  
**UNLIMITED 6PM EVENINGS & WEEKENDS<sup>3</sup> | 200 WEEKDAY MINUTES<sup>4</sup>**

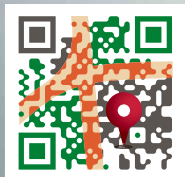
### What will you do with 6 GB?\*

You could download 1,493 songs. You could send or receive 19,980 e-mails.

You could stream 100 hours of YouTube™ videos. You could update your status 1,148 times every day. Not that you would, but you could.

So, wherever you are and whenever you need it, with 6 GB a month there's practically no limit to what you can do.

**\$60**/mo<sup>±</sup>  
Includes all monthly fees



Scan to find a store near you

## Hurry in and get the latest superphones with the new 6 GB Super Plan today.

[rogers.com/SuperPlan](http://rogers.com/SuperPlan)

CONNECT EXCITING + NETWORK TALK SHARE RELIABLE ACCESS  
TALK FRIENDS TEXT FIRST FAST  
CHAT ACCESS FREEDOM EXCITING FRIENDS

Creating World-Leading  
Internet Experiences.



Offers available for a limited time and subject to change without notice. \*Estimates not cumulative and are estimates only, actual usage will vary. Usage subject to Rogers Terms of Service and Acceptable Use Policy, available at [rogers.com/terms](http://rogers.com/terms). Data usage is measured in kilobytes (kB) rounded to the next full kB in Canada and the U.S. and rounded to the next 20 kB elsewhere. Usage exceeding the data allotment provided is charged in \$10 increments (\$10/GB). U.S. data roaming is \$0.006/kB and International data roaming is \$0.03/kB. ±A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1 Unlimited Canada-wide calls apply to 10 numbers on MY10 list. International long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. A \$5 charge will apply for each update via customer care. 2 Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. 3 Local calls evenings from 6 pm to 7 am Mon.-Fri. and weekends from 6 pm Fri. to 7 am Mon. excluding calls made through Call Forwarding, Video Calling or similar services. 4 Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. TM & ©2012 Marvel Characters, Inc. ©2012 CPIL. All Rights Reserved. ©2012 Rogers Communications.



# Shooting suspect was white supremacist: Rights group

**Tragedy.** Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

The gunman who killed six people at a Sikh temple in the U.S. and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998

## Quoted

"To see our community to go through something like this is numbing."

Gurpreet Kaur, 24

and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

THE ASSOCIATED PRESS



People console each other on Monday near the Sikh Temple of Wisconsin where the day before a gunman fired upon people at service in Oak Creek, Wis. Inset: Wade Michael Page. MAIN: DARREN HAUCK/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS

# FORGET THE WHOLE STAIRCASE. JUST TAKE THE FIRST STEP.



CERTIFIED  
GENERAL  
ACCOUNTANTS

We see more than numbers.

Another reason to enrol in the CGA program now.

The first step is enrolling in the CGA program. Get your application in before August 21 and start learning by **September**.

Get the details at **CGA-DoMore.org/Enrol**



[illegible]

**SCAN HERE**  
FOR MORE GREAT OFFERS



## EVENT

**2012 Dodge Grand Caravan Crew shown.<sup>5</sup>**

**TOP  
SAFETY  
PICK** 

2012 Dodge Journey SXT shown.<sup>5</sup>



**\$25**  
MORE BI-WEEKLY  
(INCLUDES \$3,000  
TOTAL DISCOUNTS)

**Dodge.ca/Offers**

**LESS FUEL. MORE POWER. GREAT VALUE.**  
10 VEHICLES WITH 40 MPG HWY OR BETTER





# 'This is serious,' Japan's nuke-plant chief says on video

**Heavily edited.** 150 hours of footage has workers' faces obscured and beeps masking voices and other sounds

The command centre at Japan's stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, "This is serious! This is serious!" videos taken during last year's crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

The videos, seen Monday, are mainly of teleconferences between company headquarters in Tokyo and staff at the Fukushima Dai-ichi nuclear plant after the March 11,



Fukushima Dai-ichi nuclear complex in northeastern Japan. TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS FILE

2011, tsunami critically damaged its reactors.

In the videos, then-plant chief Masao Yoshida can be heard complaining about phone calls to the prime minister's office not get-

ting through and expressing frustration over interference from government nuclear-safety officials whose technical advice didn't fit conditions at the stricken plant.

The footage reveals communication problems between the plant and the government as well as workers' lack of knowledge of emergency procedures and delays in informing outsiders about the risks of leaking radiation.

Just after the Unit 3 explosion, plant officials and TEPCO executives discussed extensively whether to call it a hydrogen explosion. The videos also showed they failed to notify officials outside TEPCO and residents about the March 14 meltdown at another unit, No. 2, or even provide data crucial for evacuation.

TEPCO made a 90-minute video of selected clips available for download.

THE ASSOCIATED PRESS



## A-bomb victims remembered

People burn incense and pray in front of a monument for atomic-bomb victims at Japan's Hiroshima Peace Memorial Park on Monday in Hiroshima. Japan marked the 67th anniversary of the atomic bomb that was dropped on Hiroshima by the United States on Aug. 6, 1945. About 70,000 people were killed instantly, and in subsequent years many thousands more died from the effects of radiation.

BUDDHIKA WEERASINGHE/GETTY IMAGES

### Extreme rivalry

## Diplomat faces murder charge

Kenyan authorities on Monday charged Dwight Sagaray, the first secretary of Venezuela's embassy, with the murder of Olga Fonseca, the acting ambassador to Kenya, who was found strangled the night between July 26 and 27, in what police believe was a killing motivated by a battle over embassy leadership. Also charged was Mohamed Ahmed Mohamed Hassan, Sagaray's friend and an alleged co-conspirator, who has gone into hiding.

THE ASSOCIATED PRESS

### Deportation drive

## Greece targeting illegal immigrants

Authorities in Greece are rounding up thousands of suspected illegal immigrants in a large-scale deportation drive.

Police said Monday that 6,000 people were detained over the weekend in Athens. Officers were seen stopping mostly African and Asian people.

THE ASSOCIATED PRESS

Career Training

## Train to Become a Personal Support Worker

Graduate in 7 months and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/residences
- Hospices
- Group homes



Call Now for More Information!

**1-866-643-6377**

Visit us online at [www.EverestCanHelp.ca](http://www.EverestCanHelp.ca)

**Everest COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE

Ottawa East • Ottawa West  
**16 CONVENIENT LOCATIONS IN ONTARIO**

Everest College is the largest Private Career College in Ontario with more than 9,000 enrollments in Ontario annually

Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

## A Career in Ultrasound!

The Diagnostic Medical Sonography program is a 20-month, first-discipline program that trains students to perform abdominal, pelvic, vascular, obstetrics and gynecological ultrasound imaging. Students can enter into this program directly from high school as long as they have the prerequisites in English, math, biology and physics.

Ultrasound is a growing field with excellent employment prospects and a great salary (\$68,000 - \$86,000 per year). At schools across Canada, hundreds of applicants are turned away every year so grab this unique opportunity to enter the program this September!

**BECOME A MEDICAL SONOGRAPHER**

**DIAGNOSTIC MEDICAL SONOGRAPHY**  
20-MONTH DIPLOMA PROGRAM (Probationary)

**SEATS AVAILABLE THIS FALL!**

**ALSO AVAILABLE**

**BECOME A DENTAL HYGIENIST**

**DENTAL HYGIENE**  
18-MONTH DIPLOMA PROGRAM  
C.D.A.C. ACCREDITED

**CNIH**  
Canadian National Institute of Health

613-726-(CNIH)2644 • 1-866-726-(CNIH)2644

[www.cnih.ca](http://www.cnih.ca)



## Helium shortage. Medical research up in the air

A dwindling supply of helium worldwide is putting more than the future of party balloons in jeopardy.

The precious, non-renewable gas has important applications related to manufacturing, scientific research and medical care — including cutting-edge research on respiratory illness at an Ontario laboratory.

As the shortage grows, the rising cost has put that research into question.

"It's made it difficult to do the research because it's extremely expensive," said Grace Parraga, a professor and researcher at the Robarts Research Institute at the University of Western Ontario.

### Raising concerns

For research, helium is dispensed into the lungs and tracked on a monitor, allowing researchers to directly measure the impact of different treatments for the first time. They have tested other gases, but none work as effectively as helium, which isn't harmful when inhaled.

Even at a discounted price for scientific research, she said her laboratory pays \$795 per litre. That's up from \$300 not so long ago.

THE CANADIAN PRESS

### Safety regulation

## Don't drink and fly

Australia's air-safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol.

The Civil Aviation Safety Authority said Monday the woman exceeded the limit for pilots of 0.02 per cent.

THE ASSOCIATED PRESS

### Electronics retailer

## Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all the shares he doesn't already own, in a deal that values the company at \$8.84 billion US.

THE ASSOCIATED PRESS

# Exotic-wood violation gives Gibson the Blues

## Settlement.

Guitar maker pays penalty to tune of over \$600,000 US to avoid criminal prosecution

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a \$300,000 US penalty, forfeit claims to about \$262,000 worth of wood seized by federal agents and contribute \$50,000 to the National Fish and Wildlife Foundation to promote the conservation of

### Busted

"The problem is that virtually every instrument prior to 1970 contains Brazilian rosewood."

George Gruhn, who owns a vintage guitar shop in Nashville, on the endangered wood Gibson Guitar used in its products.



Gibson Guitar CEO Henry Juskiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo. SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to co-operate with the federal Lacey Act banning the import of en-

dangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

Republicans and tea party members had rallied behind CEO Henry Juskiewicz at the time he denounced the raids as overzealous federal regulation that threatened American jobs.

He vowed at the time the company would "fight aggressively to prove our innocence."

The settlement says a Gibson employee learned during a 2008 trip to Madagascar — the source of some of the ebony wood that was seized — that it was illegal to import unfinished wood and sent a report about it to his superiors.

THE ASSOCIATED PRESS

# Food prices could spike by 4% in 2013 due to drought: Economists



A drought-damaged ear of corn in Westfield, Ind., Wednesday.

MICHAEL CONROY/THE ASSOCIATED PRESS

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Tim Hortons raised the price of certain baked goods

and lunch items last week, citing higher operating costs and pricier ingredients. The coffee-and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.

Because Maple Leaf buys ingredients in advance, con-

sumers likely won't see higher prices for its products until the end of this year, McCain said.

Analysts also noted last week that food producers from bakery giant George Weston to pop and juice maker Cott Corp. could face higher costs on their key ingredients like flour and sugar. But they also said that grocery stores, facing an increasingly competitive market, may be hesitant to pass the costs onto consumers.

THE CANADIAN PRESS

<p><b>Canada's</b></p> <p><b>Mobile Notary</b></p> <p><b>Certified True Copies</b></p> <p><b>E-Document Certification</b></p> <p><b>Notarization &amp; Commissioners of Oaths</b></p> <p><b>Affidavits</b></p> <p><b>Visa &amp; Passport Processing</b></p> <p><b>RedSeal Notary.com</b></p>	<p><b>National Notary Public</b></p> <p><b>Notarization &amp; Legalization</b></p> <p>Over 100 Locations Across Canada</p> <p><b>Red Seal NOTARY</b></p> <p><b>Scan and Save</b></p>	<p><b>Company</b></p> <p><b>Fingerprinting</b></p> <p><b>Background Checks</b></p> <p><b>Land Title Searches</b></p> <p><b>Authentication &amp; Legalization (Apostille)</b></p> <p><b>Consent to Travel</b></p> <p><b>1-888 922-7325</b></p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.



Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.



WINDmobile.ca

THAT'S THE POWER OF  
**WIND**



# LIVE FROM LONDON: KEEP CALM AND LINE UP



**SHE SAYS...**  
Jessica Napier  
metronews.ca/voices/  
she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses

in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

## Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive, and all the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where

all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fort-night's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

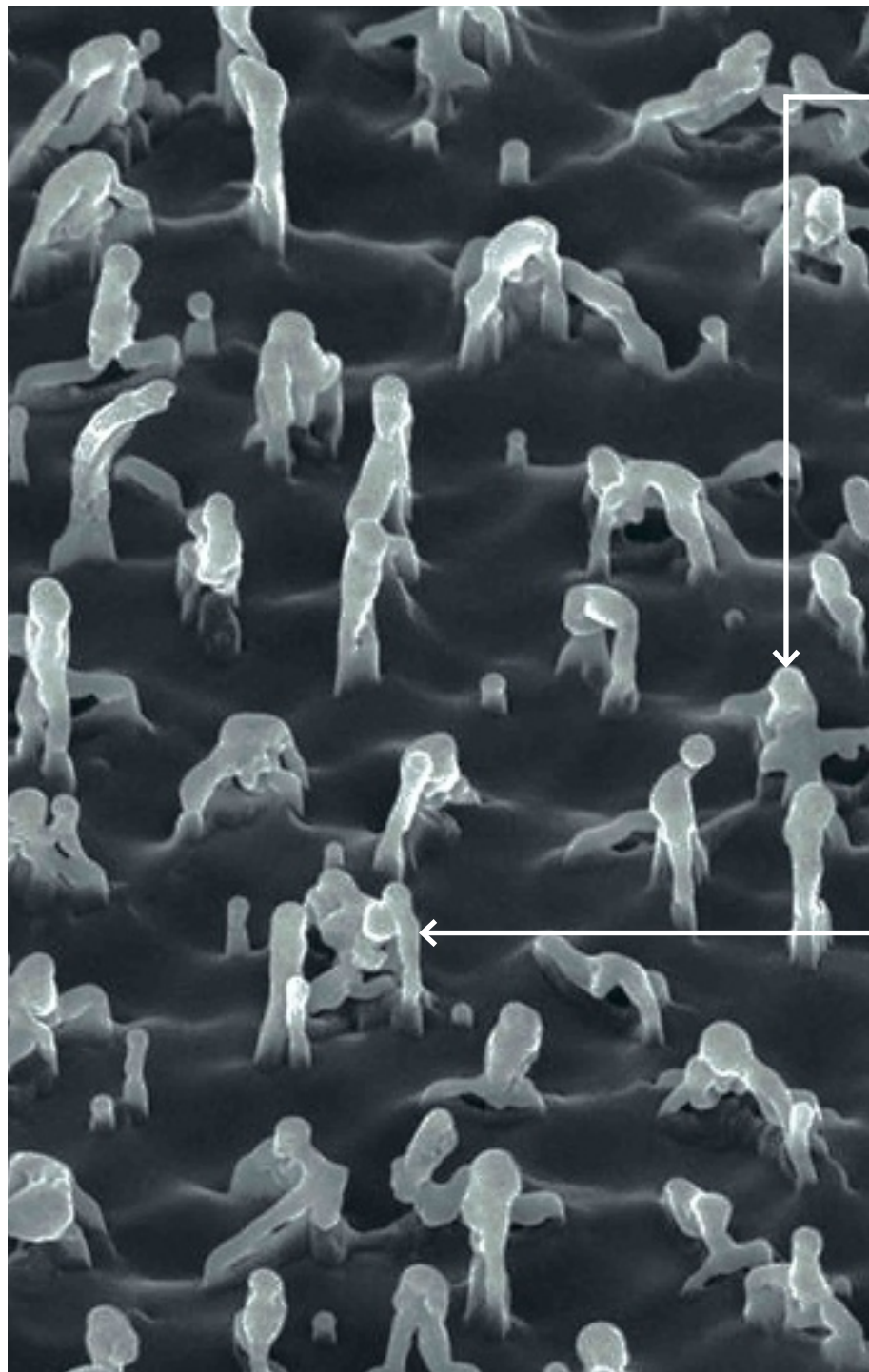
My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on  
Twitter @MetroSheSays



A little lost in London? Cheer for Team GB to mesh with the crowd.  
DAN KITWOOD/GETTY IMAGES

## 'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

### Electric orgy?

### Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). **METRO**

### Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

### Nudist colony

### What the image actually depicts

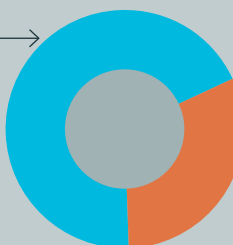
The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. **METRO**



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

### Is your data safe in the cloud?

69%  
NO, I DON'T TRUST  
SOCIAL CLOUD-  
COMPUTING SITES.  
I TRY TO GIVE AS  
LITTLE DATA AS  
POSSIBLE



31%  
YES, I FEEL  
SAFE GIVING  
FACEBOOK,  
GOOGLE+  
AND  
LINKEDIN MY  
PERSONAL  
DATA

### Twitter

#### @ChrisGorsky:

Remember when Athletes won medals and not referees??  
#GoodOldDays #canadavsusa #Olympics

these aspects were not the referee's agenda when monitoring CAN vs USA soccer

#### @WholsArlette:

Christine Sinclair, you played your heart out. We salute you! As for the ref, you get no love from me!

#### @karophill:

Canada was so close, should have had it! #badcalls #Determination #proudcanadian

#### @kbelanger89:

The Olympic Games emulate athlete and sport integrity. Clearly

What a game, too bad the ref won it for the US... Just terrible.  
#canadavsusa



DVD reviews

## Dr. Seuss' The Lorax

**Directors.** Chris Renaud, Kyle Balda

**Stars.** Zac Efron, Taylor Swift, Danny DeVito

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of *The Lorax*, the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The *Lorax* presents a walled and tree-less place named Thneed-Ville, a synthetic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

## Marley

**Director.** Kevin Macdonald

**Stars.** Bob Marley, Ziggy Marley, Jimmy Cliff

A leisurely but thorough biopic of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (*One Day in September*) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses. PETER HOWELL



David Krumholtz and Michael Urie star in the TV series *Partners*, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

# 'It's like there should be a show about it!'

**Laughing at real life.**  
New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' *Partners* explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is in-

spired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit *Will & Grace*.

There's no attempt to hide the lineage of Fox's *Ben & Kate*. It's the tale of a freewheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's *How to Live with Your Parents* finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia

Lonow, who well into adulthood and despite career success, including producing the sitcom *Less than Perfect*, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'"

"They reacted like any loving mother and stepfather would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And

then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. *I Love Lucy*, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for *Ben and Kate* since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. He usually has a totally bizarre logic to all of his behaviour."

THE ASSOCIATED PRESS

# 2 SCENE

On the web



Wildlife fan Betty White loved *The Lorax*'s environmental message

@CapPride  
facebook.com/CapitalPride  
www.capitalpride.ca

Parade • Info Fair • Beer Garden • Mainstage Entertainment

## Come Out and Play!

### August 17-26, 2012

**Capital Pride**  
Fierté  
dans la capitale

OUTLOOKS





Over 100,000 Canadians make overseas calls from their mobile phone  
*Now...You can too!*

Every Month  
**30 Minutes FREE**



**Comwave will beat all competitors rates... We guarantee it!**

**India** **1¢**  
/Minute  
1000 Minute bundle only \$10/month

**Unlimited Canada** **\$5**  
/Month  
Unlimited calling to anywhere in Canada

Australia 1.9¢/min	Bangladesh 3.9¢/min	Bosnia 10.9¢/min	China 1.9¢/min	Colombia 2.9¢/min	Cuba 89.9¢/min	Croatia 2.9¢/min	Germany 1.9¢/min	Other Europe 3.9¢/min
Iran 4.9¢/min	Israel 1.9¢/min	Italy 1.9¢/min	Sri Lanka 9.9¢/min	Lebanon 7.9¢/min	Mexico 1.9¢/min	Pakistan 3.9¢/min	Philippines 10.9¢/min	Kazakhstan 4.9¢/min
Poland 1.9¢/min	Romania 1.9¢/min	Russia 1.9¢/min	South Korea 1.9¢/min	U.A.E 14.9¢/min	Ukraine 8.9¢/min	UK 1.9¢/min	Vietnam 3.9¢/min	Saudi Arabia 7.9¢/min



Download our Comwave Mobile App  
**3 Days Free Trial**



**1-866-770-8085**  
[www.comwave.net](http://www.comwave.net)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct pricing or information at any time. LONG DISTANCE: Unlimited Free Guarantee is based on competitor's lowest advertised rate for the service. Comwave will beat any competitor's rate by 1¢. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee Period with a 30-day refund. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. HOME PHONE LINES: NIP 911 has certain limitations versus traditional 911. All Unlimited Plans can include calls to the United States, Canada, Mexico, and Puerto Rico. Unlimited usage is governed by our Fair Usage Policy to prevent abuse and is available at [www.comwave.net](http://www.comwave.net).



Think you're paying too much for your home phone line?  
*You are!*



Limited Time Offer:  
**6 Months FREE**

**Which plan is the right one for you?**

**Unlimited Local**



- Unlimited local calls
- Over 14 FREE features including Free Voicemail, Free caller ID and more

**\$14.95**  
/month

**Unlimited Canada**



- Unlimited Canada-wide long distance
- Over 14 FREE features

**\$19.95**  
/month

**Unlimited Global**



- Unlimited long distance to almost 60 countries, including India & Pakistan
- Over 14 FREE features

**\$29.95**  
/month



**Ranked #1**  
Home Phone Service  
Consumer Choice Award

**1-866-770-8085**  
[www.comwave.net](http://www.comwave.net)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct pricing or information at any time. The 6 Month Free Promotion is based on a 30-day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee Period with a 30-day refund. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. HOME PHONE LINES: NIP 911 has certain limitations versus traditional 911. All Unlimited Plans can include calls to the United States, Canada, Mexico, and Puerto Rico. Unlimited usage is governed by our Fair Usage Policy to prevent abuse and is available at [www.comwave.net](http://www.comwave.net).



**Sears\*****DISCOUNTS  
AT THIS  
LOCATION ONLY****RIDEAU CENTRE 50 Rideau St****HUGE STORE****CLOSING**  
**EVERYTHING MUST GO!!!****ALL  
WINDOW  
TREATMENTS****40%  
OFF**  
Original Ticketed Price**ALL  
REFRIGERATORS,  
FREEZERS,  
DISHWASHERS,  
COOKTOPS &  
WALL OVENS****20%  
OFF**  
Original Ticketed Price**ALL  
FASHION CLOTHING  
AND FOOTWEAR  
GREAT BACK TO SCHOOL SAVINGS!****30%  
OFF**  
Original Ticketed Price**ALL  
CRAFTSMAN TOOLS  
& TOOL STORAGE****20%  
OFF**  
Original Ticketed Price**SAVE  
BIG!****ALL  
LUGGAGE  
BEAUTIFUL SELECTION!****40%  
OFF**  
Original Ticketed Price**WE ARE SELLING OUT TO THE BARE WALLS!****40%  
OFF**  
Original Ticketed Price**ALL  
FINE GOLD  
JEWELLERY****BEAUTIFUL  
GIFTS FOR ALL  
OCCASIONS****SHOP NOW FOR BEST SELECTION!**ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS,  
AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS.  
ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS  
FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.

Corb Lund relies on his Alberta cowboy roots for his musical inspiration. ALEXANDRA VALENTI/THE CANADIAN PRESS

## Cowboy Corb Lund changes his tune for seventh album

**Recorded collectively.** Bonus CD of acoustic versions also included to highlight versatility of the Hurtin' Albertans**Quoted****"If you've got a band that goes together like us, there's a real cohesion to it"**Corb Lund, country singer  
Explains why he recorded as a group.

Three years ago, Corb Lund began a long struggle to produce his seventh studio album.

"I was just hitting a wall after the sixth record," the 43-year-old country artist said in a recent interview. "I was really stumped for awhile."

For the first year and a half of the album-writing process, Lund spent time living in Las Vegas, New York City and Austin, Texas. He then retreated to the northern Alberta log cabin he built with his aunt and uncle.

After he finished writing the songs, Lund brought them to a recording studio in Edmonton. His touring band, Corb Lund and the Hurtin' Albertans (bass player Kurt

Ciesla, guitarist Grant Siemens and drummer Brandy Valgardson) spent only two weeks recording the songs for the album, aptly named Cabin Fever.

"After being out there (in the cabin) by myself for a few weeks, you start to feel a little snicky," he says of the title.

The song recording followed a unique format. Lund and his band members had always recorded songs in layers, meaning each member plays their part and it gets recorded separately. But this time, Lund says they were tired of that and wanted to do something different.

"We did everything at the same time," he says of record-

ing the songs together. "If you've got a band that goes together like us, there's a real cohesion to it."

Cabin Fever features a second CD with the same songs as the first, but done completely in acoustics.

"I think it showcases a different side of the band," says Lund. "My guys are versatile and it helps display that."

Lund draws on inspiration for his lyrics through his family history. "My grandpas were ranchers and my dad's a cowboy too," he says. "They used to sing these old trail songs, these old ballads."

It wasn't long before Lund realized he could pick up his guitar and play these cowboy songs. Although this is where his inspiration comes from, Lund says there is no overall theme for the album.

"I get bored easily," he says. "I try to make records interesting."

Corb Lund and the Hurtin' Albertans will headline the Edmonton Folk Festival on August 12. **THE CANADIAN PRESS**



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Fighting words from Elton John

THE WORD  
Monica Weymouth  
scene@metronews.ca

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger C—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.



Macaulay Culkin

## Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly.

Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macaulay Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this

week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

## Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of



Prince William

he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

## Twitter



@wossy

Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.



@jessicaalba

Got to get showered dressed & out the door family in tow in 20 min - GO!



@TheRealRoseanne

i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!



@AlbertBrooks

To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold

## CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



**PART-TIME EVENING CLASSES NOW AVAILABLE**

You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

**ALGONQUIN CAREERS ACADEMY**

1830 Bank Street 613-722-7811 [www.algonquinacademy.com](http://www.algonquinacademy.com)

OPENING AT THE BYTOWNE CINEMA AUGUST 17TH

**foreverland**  
I'll tell you about how you die, but how you live.

**YOU COULD WIN A RUN OF ENGAGEMENT PASS FOR TWO TO SEE FOREVERLAND!**

To register and for full contest details visit [clubmetro.com](http://clubmetro.com). Don't forget to like us on Facebook! [facebook.com/clubmetroottawa](http://facebook.com/clubmetroottawa)

**club metro .com**  
VISIT TO ENTER

**PLANTING NATIVE TREES:**  
*A manly way to get The Manly Look.*

Bring nature back to your city. Get involved at EVERGREEN.CA





You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

## Intense training can keep that summer sagging away

**30 minutes every day.** You don't need to put in big workouts to keep in shape in the summer but you do need consistency

**CELIA MILNE**  
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts

can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata dis-

covered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

### Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)

- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.

- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

### Best Health

## Know your family tree of health



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Do you know the health secrets your ancestors hold? It's important information. In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to best defend against hereditary

health issues such as Alzheimer's disease, depression and stroke. Here are two.

#### Tip #1:

Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

#### Tip #2:

Write down any major illness you have had, and list your lifestyle habits.

**TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONWS**



**CENTRE DENTAIRE  
RIDEAU  
DENTAL CENTRE**

Aesthetic, Implant  
& Family Dentistry  
Since 1983



**STRESS FREE AND  
CARING DENTISTRY**

**NOW ACCEPTING  
NEW PATIENTS**

6 B 2 3 04 7 5 2 rd Level • Rideau Centre

**Check out our weekly blog at**  
[www.rideaudental.ca](http://www.rideaudental.ca)

**THIS WEEK: Heading Back to School in Good Oral Health**



### On the Web



Study describes genetic events that lead to malignant childhood brain cancers



# Lasagna gets all rolled up



**ROSE REISMAN**  
for more, visit  
rosereisman.com

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.
2. Bring pot of water to boil. Add lasagna noodles and cook

## Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and

allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl or food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4

cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

**ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### Four steps to theme park food survival



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

Theme park season is upon us and in just one careless day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

#### 1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

#### 2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

#### 3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

#### 4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

**THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

#### Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.



GO ON, REWARD YOURSELF  
**\$10** TO SPEND  
**NOW**  
ON YOUR FIRST \$25 PURCHASE

Together with you, we are building Canada's largest online store. With millions of products, free shipping, free returns and up to 2.5% cash Rewards, [www.SHOP.CA](http://www.SHOP.CA) has something for everyone.



SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact [supplier@shop.ca](mailto:supplier@shop.ca) | SHOP.CA Sign-UP required to claim \$10 Reward and can only be used at SHOP.CA





The real estate market could come tumbling down. ISTOCK IMAGES

# Is the real estate market sagging? Adopt a strategy for an uncertain future

**Alison's Money Rule.** Saving, patience and sweat equity should spell success in housing market



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and speculators piled into the only

secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

## 1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

## 2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real

## In numbers

# 3-5 years

The average length of a flat real estate market following a correction or crash.

estate investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

## 3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

# You've got high hopes to retire early, so pick it up



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one, does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us.

On the flip side, however, our generation

struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on.

If your budget is maxed, start small — I challenge you to save \$1 per day.

I was holidaying in Victoria and Vancouver last week and over

brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had become.

Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly \$400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your \$1 per day.

Then grow your savings into something more substantial every few months. For example, \$1 per day might turn into \$5 per day if you start couponing

## More Fun and Frugal

Follow Leslie on Twitter @LesleyScorgie



for groceries, car-pooling and renting out your spare room.

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP and TFSA. Regular automatic contributions will ensure you don't skip out on savings.

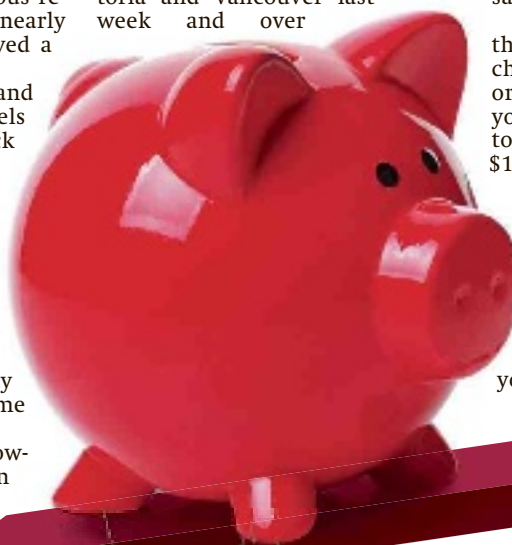
Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results.

Forming healthy savings habits early on will ensure you've got enough dough to retire on and



Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES

support a desirable lifestyle; one defined and created by you.







Now anybody can help raise money for a cause using the crowdfunding strategy. ISTOCK IMAGES

## Crowdfunding trend thrust into spotlight by Canadian campaigns

**Charities.** Internet-based fundraising is still a relatively new phenomenon

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than \$700,000, far surpassing Sidorov's original target of \$5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step by avoiding charities, and

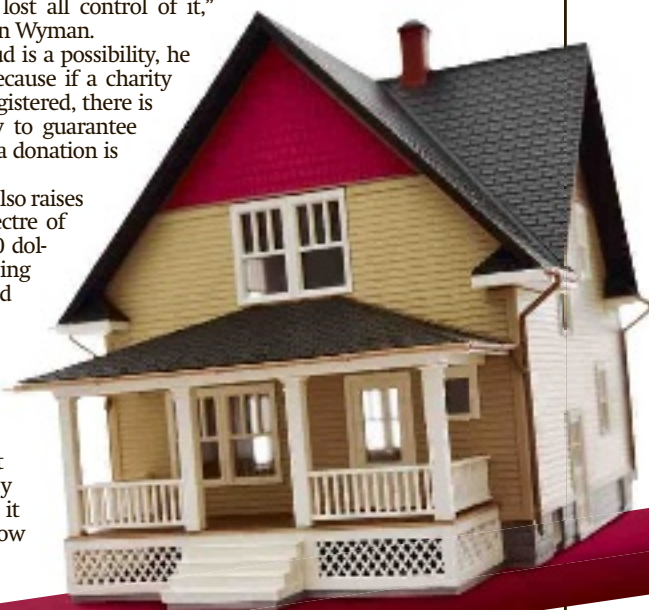
gets money directly from a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto. "If you're using crowdfunding, the moment the money is out of your bank account, you've lost all control of it," said Ken Wyman.

Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being raised for a single person who doesn't really need it or know

what to do with it in a world where 700,000 dollars could save many lives," Wyman said.

Canadian-born filmmaker Amber Fares has raised more than \$26,000 on Indiegogo to fund her first feature-length film *Speed Sisters: Racing in Palestine*, and Toronto-based burlesque troupe *Les Coquettes* has raised almost \$3,000 to support touring and production over the next two years. **THE CANADIAN PRESS**



# Owning a home shouldn't come at the expense of saving.

Life adds up.  
Your finances should too.

## CIBC Wealth Builder Mortgage™

**GREAT  
LOW RATE**

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

**EARN  
\$6,000  
IN SAVINGS<sup>1</sup>**

Get \$4,000 cash back up-front as well as \$2,000 cash back over the term of your mortgage.<sup>1</sup>

*On a \$400,000 mortgage. Conditions apply. Ask for details.*

Visit any branch, go to [cibc.com/buildthousands](http://cibc.com/buildthousands) or call 1 800 465-CIBC (2422).



**FOR  
WHAT  
MATTERS.**

<sup>1</sup>Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of \$75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit [cibc.com/buildthousands](http://cibc.com/buildthousands). "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.



## Teaching new skills

**A finishing school in 2012?**

**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

Concluding my ocean crossing last week, I had the pleasure and honour of visiting a business colleague Madame Viviane Neri in Montreux, Switzerland.

Now Madame Neri owns one of the world's most

famous and well-respected ladies finishing schools. While we were touring the school, I asked Madame Neri what I perceived as an innocent but most relevant question on all of our minds. Why do women need to go to a ladies finishing school in the year 2012?

Well foolish me for asking the question, because I certainly got a bit of a well-deserved earful.

We ignorantly think of ladies finishing schools as something antiquated, where ladies are taught how to dress

and be a "perfect hostess" in a world where the man works and the lady stays home and lives and breathes to make her home the best.

But finishing school in 2012 has nothing to do with ladies who lunch. It is focused on training women to become professionals at international business.

It may seem silly to some, but understanding cross-cultural communication and being able to use these to your advantage in business gives you a distinctive advantage.

A woman like Queen

Elizabeth II, for example, conducts international public relations, events and ceremonies on behalf of the government, but in her case she was taught these skills at home.

Today, the modern woman goes to this type of school to learn these vital skills.

During the six-week program students learn correct international table manners, table setting, correct and appropriate conversation and how to position this knowledge to their strict advantage.

This school is so tough it has 45 exams during the six weeks in order to graduate with a diploma.

Remember, many business deals occur in places other than a boardroom, and this is where the Institut Villa Pierrefeu has a distinct advantage as the oldest finishing school.

So who is the typical student?

Well, interestingly enough, women attend the school from North America, the Middle East and Asia, making it truly a global

program. Everyone from the middle class, all the way up the social ladder to royal family members make up today's typical classroom.

I would be remiss if I did not mention that the head instructor at this school is Mrs. Rosemary McCullum, a born and raised Canadian.

When I found this out, I was once again reminded of one of the many reasons I am so proud to be a Canadian — the Swiss have imported a fellow Canuck to teach international manners to the world.

# Teens schooled on ending their relationships in a healthy way

**Avoiding potential violence.** Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

"You don't think about when you see two people walking down the hall, 'Are they in a bad relationship or is it good?'" the 17-year-old Waltham High School senior said.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a \$1 million, four-year grant



When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

from Robert Wood Johnson Foundation.

Nationwide, the \$18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation,

or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also

the risk of a physically dangerous confrontation.

"In popular media, cheating is seen as an excuse for violence," Daley said.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or

girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were be-

tween 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught.

Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

Other teens talked about breaking up by sending a text message, or being on the receiving end of one.

They also spoke about fights they'd seen in their schools between students who were in competition for another student's affections.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship.

They also encouraged students to end relationships with face-to-face contact, and to look for signs that ongoing relationships could turn abusive.

THE ASSOCIATED PRESS



## Become a Health Industry Professional!

### Health Office Administrator - 41 Week Diploma Program

The **Willis College** Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.

**613-233-1128 • www.williscollege.com**

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie





# Fehr says NHLPA close to making counter proposal

**Tennis.** Head of players' union has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each

## Information exchange

The current CBA is scheduled to expire Sept. 15. A request to the NHL seeking comment about the status of talks wasn't immediately returned.

- After receiving the NHL's initial proposal, the union requested audited financial statements from all 30 teams and ended up being delivered some 76,000 pages of information last week. Soon after, Fehr departed for Europe to meet with players.

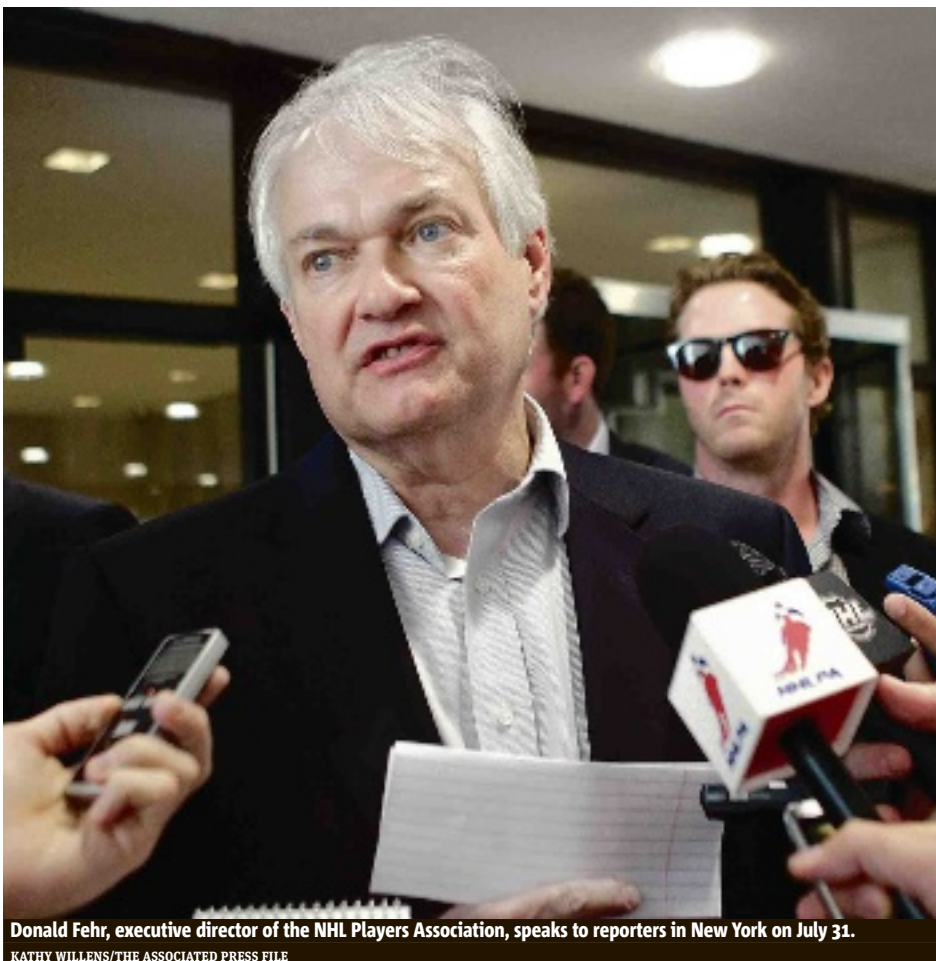
season drop from 57 to 43.

The league and union are scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

The main topic of discussion has been the negotiations, which have been underway for more than six weeks.

THE CANADIAN PRESS



Donald Fehr, executive director of the NHL Players Association, speaks to reporters in New York on July 31.  
KATHY WILLENS/THE ASSOCIATED PRESS FILE

# Canada's Polansky ousted in Toronto



Peter Polansky returns the ball against Matthew Ebden during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from Thornhill, Ont., as Australian Matthew Ebden stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wildcard entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

## Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set

as Ebden, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebden will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

## Major League Soccer

### Coroner leaning towards natural death in Urso case

A coroner said signs pointed to "an apparent natural death" pending results from toxicology tests and other tissue after an autopsy was performed on Columbus Crew's Kirk Urso on Monday.

The 22-year-old Urso was pronounced dead early Sunday morning at Grant Medical Center after collapsing at a downtown Columbus bar and restaurant.

Franklin County Coroner Jan Gorniak said toxicology tests will not be finalized for four to six weeks.

"It's leaning toward an apparent natural death, but we don't know why," Gorniak said. THE ASSOCIATED PRESS



Kirk Urso. GETTY IMAGES FILE

## CFL

### Riders add kicking and lineman depth

The Saskatchewan Roughriders have signed non-import kicker Sandro DeAngelis and import defensive lineman Jay Alford.

Financial details of the agreements announced Monday were not released.

THE CANADIAN PRESS

## NFL

### "There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chipper practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.



## Mobile sports



Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

# 4 SPORTS



# Last-gasp goal by U.S. ends Canadians' dream of gold

## Womens' soccer.

Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heart-break once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free

## Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more than six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said. "It's a shame in a game like that that was so important, the ref decided the result before it started."

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

THE CANADIAN PRESS



Canada forwards Christine Sinclair, left, and Melissa Tancredi can't hide their disappointment after losing 4-3 in extra time on Monday in the women's soccer semifinal against the U.S. in Manchester at the Olympic Games. FRANK GUNN/THE CANADIAN PRESS

## Equestrian

### Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS



Ian Millar on horseback Sunday. THE CANADIAN PRESS

## Overall performance

### Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

## Tuesday's 3 to watch



### Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.  
Time: 9 a.m.  
Channel: TSN

### Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.  
Time: 11 a.m.  
Channel: TSN



### Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.  
Time: 12 p.m.  
Channel: TSN  
THE CANADIAN PRESS/THE ASSOCIATED PRESS

## Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylcia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after re-



Jessica Zelinka. THE CANADIAN PRESS FILE

turning to competition.

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and

## Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

tomorrow, keep it going even more," said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97 while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

THE CANADIAN PRESS



# Spencer's medal aspiration takes knockout blow

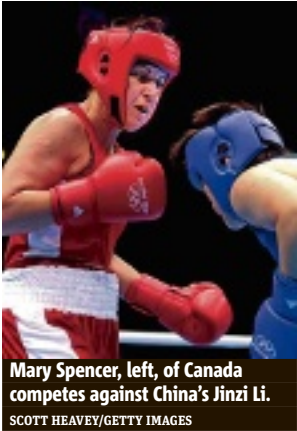
**Boxing.** Three-time world champion loses in quarter-finals to China's Jinzi Li

Canadian boxer Mary Spencer was eliminated from the London Olympics on Monday after dropping a four-round decision to Jinzi Li of China.

The three-time world champion looked solid early, but Li connected with a few haymakers in the second round to move into the lead and hold out for victory. The bout could have gone either way in the final round, but Li was the aggressor and outscored Spencer 17-14 overall.

"You win some and you lose some," said Spencer's longtime coach Charlie Stewart. "It's just when you lose them that it counts the most."

Li used a swarming, physical



Mary Spencer, left, of Canada competes against China's Jinzi Li. SCOTT HEAVEY/GETTY IMAGES

strategy against the Canadian, going for regular haymakers with a lot of clutching and grabbing. "I didn't expect that kind of pressure on me," Spencer said. "I expected more jabbing. But I have to adjust. It's my fault for not adjusting."

Spencer, from Wiarton, Ont., landed a few punches ear-

ly but rarely used her powerful jab. She seemed rather ordinary in the ring.

"In Olympic boxing if you don't have your hands up, you're giving free points," said Canadian team coach Sylvain Gagnon. "You can't win the fight like that."

Spencer defeated Li in their two previous meetings but never got on track before a near-capacity crowd at ExCel South Arena 2. The Canadian seemed flat and couldn't generate any momentum.

"I don't have an excuse for losing," Spencer said. "We went in there, it was fair and we were both given the same opportunities. She came out the better boxer today."

Li will next meet Russia's Nadezda Torlopova in the semifinals Wednesday. Kazakhstan's Marina Volnova will face American Claressa Shields in the other semifinal.

THE CANADIAN PRESS



## Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

### Day 10 results

#### MEDAL STANDINGS

179 of 302 total medal events				
Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	1	3	6	10
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

#### WHAT CANADA DID

Monday at the 2012 London Olympics

##### ATHLETICS

**Men's 800** — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

**Women's 100 hurdles** — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phylicia George, Markham, Ont., finished second in her heat in 12.83.

**Women's 1,500** — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerff, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 5.79 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

**Women's shot put** — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

**Women's 200** — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

**Women's 400 hurdles** — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

##### BOXING

**Women's 75kg** — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

**Men's 91+kg** — Simon Kean, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

##### CANOE-KAYAK

**Men's kayak singles 1,000** — Adam van Ko-

everden, Oakville, Ont., won his semifinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

**Men's canoe singles 1,000** — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

**Men's kayak doubles 1,000** — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

##### CYCLING

**Women's omnium** — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

##### EQUESTRIAN

**Team jumping** — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

**Individual jumping** — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

##### SAILING

**Women's laser radial** — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

**Men's laser** — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

**Men's 470** — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

**Men's 49er** — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

##### SYNCHRONIZED SWIMMING

**Duet** — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

##### DIVING

**Men's three-metre springboard** — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

##### SOCCER

**Women** — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

#### SOCCER

##### WOMEN

##### SEMIFINALS

**Monday, Aug. 6**  
**At Wembley, England**  
Japan 2, France 1  
**At Manchester, England**  
United States 4, Canada 3, extra time

##### BRONZE MEDAL MATCH

**Thursday, Aug. 9**  
**At Coventry, England**  
France vs. Canada, 8 a.m.

##### GOLD MEDAL MATCH

**Thursday, Aug. 9**  
**At Wembley, England**  
Japan vs. United States, 2:45 p.m.

##### UNITED STATES 4, CANADA 3

Canada 1 2 0 0-3  
United States 0 3 0 1-4  
**First Half**—1, Canada, C.Sinclair, 22.  
**Second Half**—2, United States, M.Rapinoe, 54. 3, Canada, C.Sinclair, 67. 4, United States, M.Rapinoe, 70. 5, Canada, C.Sinclair, 73. 6, United States, A.Wambach, 80 (PK).  
**First Extra Time**—None.  
**Second Extra Time**—7, United States, A.Morgan, 120+3.  
**Yellow Cards**—D.Scott, Canada, 60; M.Tancredi, Canada, 79.  
**Red Cards**—None.  
**Referee**—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojc, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

#### BASKETBALL

##### MEN

Group A			
Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5
Group B			
Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

**Monday, Aug. 6**  
Australia 82, Russia 80  
Lithuania 76, Tunisia 63  
France 79, Nigeria 73  
Britain 90, China 58  
Brazil 88, Spain 82  
United States 126, Argentina 97

### Doping

## Italy's Schwazer won't get chance to defend title

Defending Olympic 50K race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer

tested positive for doping and has been removed from the team.

CONI President Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Earlier Monday, the team said an unidentified athlete had failed a doping test conducted for the World Anti-Doping Agency before arriving in London.

THE ASSOCIATED PRESS



Alex Schwazer GETTY IMAGES FILE

Save big on furniture  
so your kid can afford to party.  
Um, we mean, to study.

Go back to school with IKEA.

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**





HELP WANTED

General Help

Loblaw Companies Limited  
Now Hiring Warehouse Assemblers!  
Permanent part time position - \$14.50/hr.  
Future opportunity for permanent full time. Candidates must be capable of repetitive lifting, be flexible for shift work (days, afternoons, midnights and week-ends), have access to a vehicle and a drivers licence and are required to wear CSA approved steel toed safety shoes/boots. If you're an enthusiastic individual who's seeking an immediate opportunity, please apply in person to 2625 Sheffield Road, or e-mail your resume to: amanda.yarrow@loblaw.ca

f like us metro

An Ottawa based company is seeking two full-time positions.  
1. Project Manager \$80,000.00 / Year  
2. Network Specialist \$75,000.00 / Year  
The candidates must have 5 yrs + experience in these fields. The project manager position requires experience in managing distributed systems across different countries and the network specialist position requires experience in Network Security including Firewall. Both positions require as mandatory the following (experience in AFIS based on NEC Corporation technology, experience in a VISA issuance system using biometric data and Fluency in English and Arabic).  
Please forward resume to maghurs@rbi-inc.net.  
Deadline for accepting resumes is August 8<sup>th</sup>, 2012.

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!  
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS.  
PAY CASH  
Give me a call and I'll haul it away  
BARRY 613-769-7940

Place your ad in Metro classifieds  
metroclassifieds.ca  
1 800 527-6767

General Help

MERCHANDISE

Public Auctions

PUBLIC AUCTION  
Tuesday August 7<sup>th</sup>, 2012  
St-Elias Centre  
750 Ridgewood Ave.  
Preview: 3:00pm Starts: 4:30pm  
MICHAEL SPOONER & SON  
613-722-8321  
www.spoonerauctions.com

find us follow us like us metro

PERSONALS

Personals

SEXY EUROPEAN EX-MODEL GONE WILD  
21 yrs, 5'2/34c  
Where Fantasies Become Reality  
Avail. 24/7  
613-600-8410

SERVICES

Financial

Need Ca\$h Today?  
Loans up to \$10,000  
Bad Credit? No Problem.  
www.eazycash.ca  
613-699-0011  
Check Cashing, Car Title Loans, Money Transfers.

Mortgages

OWN A HOME?  
Loaded with Debt? I can help! 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"?  
Fast approvals! Quick Closing!  
Steve Daigle: sdaigle@tmacc.com  
(613)863-0649 lic10717

HOUSEHOLD SERVICES

General Services

M.J.M. VACUUMS  
1061 Merivale Rd., Ottawa  
Call John at: 613-724-4777  
Central vacuums starting at \$399  
Installation Available  
Sales & Repairs All Kinds  
COUPONS at www.mjmvacuums.com

MISCELLANEOUS

Miscellaneous

Attention Realtors!  
Want to reach over 92,600 daily Metro News readers?  
Advertise your listings with Metro Classifieds.  
2 Listings  
Starting as low as \$36 per day  
Call 1-800-527-6767 to place your ad now!

LOOK!  
Advertise in this space for as low as \$10/day!!  
Call 1-800-527-6767

f like us metro

Place your ad in Metro classifieds  
metroclassifieds.ca  
1 800 527-6767

Sell Your Stuff For FREE! Call 1-800-527-6767					
19 inch Tv apt size - \$70.00 Double box spring & mattress - \$275 613-560-5985		30 Fairy Tale Sculptures and Settings Playground equipment and other licensed mechanical equipment available 613-226-7171		Glass Top Dining table \$50.00 Ikea Iron Bed \$60.00 613-709-1474	
2 adjustable deck lounge chairs 1 metal, 1 hard plastic cushions in excellent shape \$25.00 each 613-619-4256		45 gallon plastic rain barrels - \$20 Each Call (613)821-5423		Jumper cables - \$7.50 • 3 cast iron frying pans - \$15 • Burgandy window blind 34" x 6ft - \$5 Call (613)440-7728	
2 Arm chairs...never used and bowl chair \$100.00 613-831-3051		Dishes, service for 8 - \$10 • Rocking horse, 26" H x 30" L - \$30 Call (613)733-2289		Ladies NEW Leather Jacket Red in color size large Asking \$300.00 613-722-6699	
2 Carpet Dollies for moving heavy items Good for emplisiers \$15 each Call (613)737-1158 in the early evenings		Fast Food Kitchen Equipment including large, newer icecream and flavor machine. Call for pricing 613-226-7171		Large lazy boy with heat & vibrate Sofa 4 years OBO call and ask for Cecil 613-226-9061	
Large Tool Box with Upper, Lower, and Side Cabinets. Complete with tools, Including Autobody Tools \$700 OBO (613)219-8491		Mathematics Trouble Shooter Get help, first lesson free! All levels 613-741-8140		New Queen size bed frame, stained wood - \$120 Call (647)700-0350	
Parisien Upright piano for sale \$250 • Baby car seat, up to 30lbs - \$50 Call (613)421-7589		Sofa and Loveseat Floral Design \$100.00 613-831-3051		Steel ladders racks for full size half ton truck Call (613)821-5423	
Sunbeam Breadmaker Almost new \$60 Call (613) 560-5985		Treadmill \$35 • legal size filing cabinet \$45 • assorted floor fans \$15-\$45 • microwave \$25 • two electric oil heaters (new) - \$30 each • answering machine \$10 • Call 613-440-7728		TV and Stand \$150 Swivel chair \$20 Microwave \$40 Kitchen Trolley \$100 Bunk beds single/double \$500 Dining room set \$100 613-400-6507	
•Stereo with 2 Speakers - \$75.00 •Ladies shoes for summer - \$25 •New Toaster Oven - \$50 Call 613-722-6699		Used Logitec Web Cam Works with Windows XP and Mac OSX \$15 (613)255-5933			

Sharability

News worth sharing.

easyhard

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.



Horoscopes

Aries

**March 21 - April 20**  
Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

Taurus

**April 21 - May 21**  
Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

Gemini

**May 22 - June 21**  
As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

Cancer

**June 22 - July 23**  
With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

Leo

**July 24 - Aug. 23**  
The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

Virgo

**Aug. 24 - Sept. 23**  
You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

Libra

**Sept. 24 - Oct. 23**  
Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

Scorpio

**Oct. 24 - Nov. 22**  
If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

Sagittarius

**Nov. 23 - Dec. 21**  
You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

Capricorn

**Dec. 22 - Jan. 20**  
Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

Aquarius

**Jan. 21 - Feb. 19**  
For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

Pisces

**Feb. 20 - March 20**  
In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.  
**SALLY BROMPTON**

Crossword: Canadian Miscellany

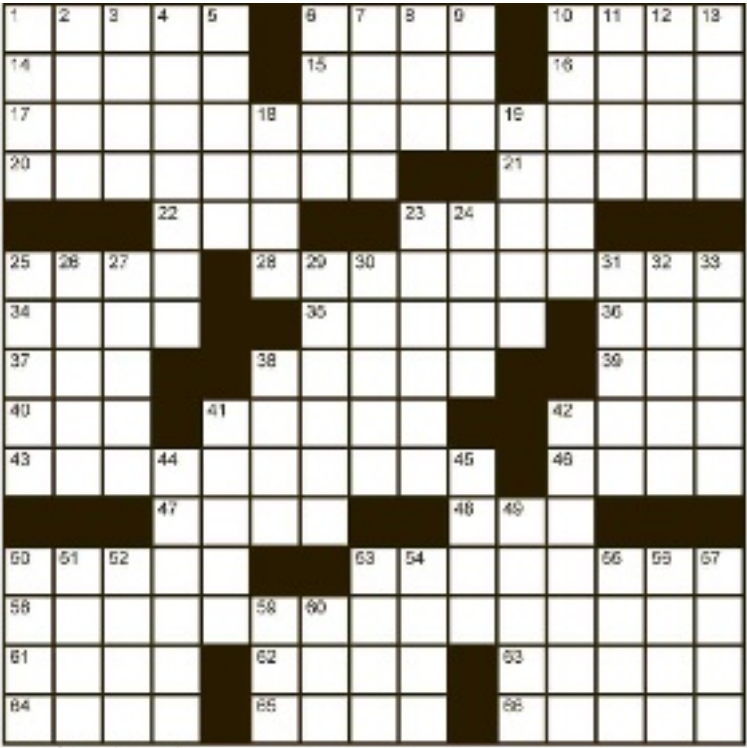
Across

- Action words
- Alta. neighbor
- Lost seaworthiness
- Abraham's son
- Lhasa \_\_\_\_ : small dog
- Bassoon relative
- Victoria's location (2 wds.)
- Wrote (a book)
- List items
- Any of 43-Across: abbr.
- "Mmm-hmm" (2 wds.)
- \_\_\_\_ *La Douce*: 1963 Lemmon-Maclaine film
- Calgary team
- Anon
- Show contempt for, as a contract (2 wds.)
- Clean the kitchen floor
- Solo of *Star Wars*
- Continue without a break (2 wds.)
- Oriental sash
- Halloween mo.
- Pursuits of good reporters
- "I have \_\_\_\_ good authority" (2 wds.)
- They form the Alberta-BC border (2 wds.)
- Aerialist precautions
- For Your \_\_\_\_ Only*
- Here: Fr.
- Barracks boss, briefly
- Ottawa team
- Alberta, Saskatchewan, or BC (2 wds.)
- Has \_\_\_\_ with: is connected (2 wds.)
- Fast-moving sport jai \_\_\_\_
- \_\_\_\_ "Joe's": diner

- invitation (2 wds.)  
64. Pop  
65. Iditarod's Alaska terminus  
66. Be careless with a bucket

Down

- \_\_\_\_ *Las Vegas*: 1964 Elvis movie
- Biblical Jacob's brother
- Angry outburst
- Winnipeg's Randy \_\_\_\_ : cofounder of 1970s rock band familiarly called BTO
- "Get out of here!"
- Computer menu selection
- Copied
- Letters that once designated Soviet republics
- Goldfish cousin in backyard ponds
- Flew alone, perhaps for the first time
- "I've got \_\_\_\_ feeling about this!" (2 wds.)
- "That's a \_\_\_\_!" (taboo)
- Sneakers brand
- Banquet coffeepots
- At quite an incline
- "I hate to \_\_\_\_ on you, but ..." (ask a lot of)
- Created a web or a tale
- \_\_\_\_ the Sheriff" (2 wds.)
- Disliked insect
- \_\_\_\_ Carlo: Monaco's



Copyright © 2012 Michael Wiesenberg

- capital  
29. Semis  
30. "\_\_\_\_ a stinker?": Bugs Bunny line (2 wds.)  
31. Overact  
32. Automaton  
33. PR interpretations  
38. 100-metre dash, e.g.  
41. Hotel lobby  
42. First letter  
44. Saskatchewan's capital

45. Comb. form for China, as in \_\_\_\_-Soviet  
49. Bat lairs  
50. Aromatherapy spots  
51. Florence's river  
52. Weapon to combat 26-Down  
53. Unwanted email  
54. Great Lake  
55. Having knowledge of  
56. Some TVs

57. Actor Green of Austin Powers movies or Adam's third son  
59. Bond creator Fleming  
60. "Evil Woman" group, briefly

Friday's crossword



What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

4	2	9	3	5	6	8	7	1
1	6	3	2	7	8	4	5	9
7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	6	9	8
8	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
8	1	6	4	2	3	5	8	7

		1		5	6			4
3	4	9				5	7	6
		3	4	2	8	9		
		7	3	5	1	6		
2	5	6				1	3	8
	7		1		3		2	

**Today**

**30°/15°**  
Showers  
40%

**Wednesday**

**28°/16°**  
Thundershowers  
40%

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

©The Weather Network 2012

Read metro your money  
every Tuesday for financial tips,  
trends and advice.  
Only in Metro. News worth sharing.

**QuestChat™**  
feel the rush

**TRY IT FREE!**  
**613.232.4444**  
Other Cities 1.888.482.8282

1.900.672.4444 • \$25/50 min  
Chat: ACHAT24231 (75¢/min)  
Text: QUEST to 96888 (5¢/text)  
Fine print not applicable on M-F

[questchat.com](http://questchat.com)





# MEGA AUTOMOBILE

## THE AUTOMOBILE SUPERSTORE!

UP TO 1000 QUALITY USED VEHICLES  
LOWEST PRICES GUARANTEED!

NO ADMIN FEE, NO DELIVERY FEE,  
SAFETY & E-TEST AT NO EXTRA CHARGE!



## UNBEATABLE OFFERS ON ALL MAKES & MODELS

**12 FOCUS TITANIUM SE**  
LOADED, A/C, AUTO • 33975km  
st:33561 • **\$17,980** • bw:\$153\*\*\*

**07 MAZDA CX-7 AWD**  
LOADED, A/C, AUTO • 77008km  
st:34100 • **\$14,670** • bw:\$161\*

**10 MAZDA 3**  
STD • 32795km  
st:34123 • **\$10,970** • bw:\$93\*\*\*

**07 VOLVO S40**  
LOADED, A/C, AUTO • 77996km  
st:34197 • **\$14,980** • bw:\$165\*

**07 TUCSON GLS**  
LOADED, A/C, AUTO • 91780km  
st:34027 • **\$8,970** • bw:\$99\*

**10 HONDA INSIGHT HYBRID**  
LOADED, A/C, AUTO • 53737km  
st:31958-A • **\$17,800** • bw:\$151\*\*\*

**11 IMPALA LS**  
LOADED, A/C • 51554km  
st:33008 • **\$14,850** • bw:\$126\*\*\*

**08 NISSAN VERSA**  
LOADED, A/C, AUTO • 97172km  
st:33909 • **\$8,940** • bw:\$98\*

**08 ENTOURAGE**  
LOADED, A/C • 83490km  
st:34192 • **\$10,980** • bw:\$121\*

**07 SORENTO LX 4X4**  
LOADED, A/C, AUTO • 109074km  
st:32813-A • **\$10,850** • bw:\$119\*\*

**08 ACURA TL**  
LOADED, A/C, ROOF, LTHR • 86737km  
st:33977 • **\$18,670** • bw:\$205\*

**08 LINCOLN MKZ AWD**  
LOADED, ROOF, LTHR • 98400km  
st:33632 • **\$16,750** • bw:\$184\*\*

**08 PONTIAC VIBE**  
A/C, STD • 86574km  
st:33272 • **\$9,640** • bw:\$105\*

**10 CHRYSLER 300 TOURING**  
LOADED, A/C • 37776km  
st:32861 • **\$15,800** • bw:\$142\*\*\*

**08 KIA RONDO EX**  
LOADED, A/C, AUTO • 87121km  
st:33324 • **\$9,970** • bw:\$109\*

**09 BMW 323**  
LOADED, A/C, ROOF, LTHR • 51691km  
st:33127 • **\$25,850** • bw:\$233\*\*

**07 NISSAN QUEST**  
LOADED, A/C, AUTO • 95995km  
st:32409 • **\$13,650** • bw:\$150\*

**08 HONDA ACCORD**  
LOADED, A/C, AUTO • 107112km  
st:32664-A • **\$13,750** • bw:\$151\*

**08 MAZDA B4000 4X4**  
LOADED, A/C, AUTO • 32606km  
st:34209 • **\$14,780** • bw:\$162\*

**09 NISSAN ROGUE**  
LOADED, A/C, AUTO • 60968km  
st:32613-A • **\$16,950** • bw:\$161\*\*

**08 PONTIAC TORRENT**  
LOADED, A/C, AUTO • 75537km  
st:33159 • **\$13,380** • bw:\$147\*

**07 SANTA FE AWD**  
LOADED, A/C, AUTO • 99543km  
st:32698 • **\$12,900** • bw:\$142\*

**11 CHEVROLET MALIBU LT**  
LOADED, A/C • 38421km  
st:33375 • **\$17,450** • bw:\$149\*\*\*

**08 MAZDA TRIBUTE**  
LOADED, A/C, AUTO • 94336km  
st:33862 • **\$11,870** • bw:\$130\*

**07 FORD EDGE SEL AWD**  
LOADED, A/C, LTHR, AUTO • 95433km  
st:32926-A • **\$17,850** • bw:\$196\*

**07 CADILLAC CTS**  
LOADED, A/C, LTHR • 64065km  
st:33383 • **\$16,930** • bw:\$186\*

**08 BMW X3 AWD**  
LOADED, A/C, ROOF, LTHR • 51156km  
st:33285 • **\$29,650** • bw:\$310\*

**08 SAAB 9-3 2.0T**  
LOADED, ROOF, LTHR, AUTO • 90901km  
st:33488 • **\$13,980** • bw:\$153\*

**10 TOYOTA COROLLA CE**  
LOADED, A/C, AUTO • 63293km  
st:32951 • **\$12,500** • bw:\$106\*\*\*

**08 FORD FUSION SE**  
LOADED, A/C, ROOF • 70497km  
st:33130 • **\$10,750** • bw:\$118\*

**09 AVEO LS**  
A/C, AUTO • 66333km  
st:31053-A • **\$8,820** • bw:\$84\*\*

**08 FORD ESCAPE XLT**  
LOADED, A/C, AUTO • 79083km  
st:32826 • **\$13,500** • bw:\$148\*

**09 FORESTER AWD**  
LOADED, A/C, AUTO • 113766km  
st:33820 • **\$14,860** • bw:\$141\*\*

**11 SCION XD**  
LOADED, A/C, AUTO • 26280km  
st:33854 • **\$16,970** • bw:\$144\*\*\*

**11 FORD FIESTA SE**  
LOADED, A/C, AUTO • 50713km  
st:33517 • **\$13,980** • bw:\$118\*\*

**10 SUZUKI SX4**  
LOADED, A/C, AUTO • 61116km  
st:32762 • **\$11,980** • bw:\$102\*\*\*

**11 HYUNDAI SONATA**  
LOADED, A/C, MAGS, AUTO • 56556km  
st:32771 • **\$16,950** • bw:\$152\*\*\*

**10 EQUINOX LS AWD**  
LOADED, A/C, AUTO • 63009km  
st:33050 • **\$18,850** • bw:\$160\*\*\*

**08 HYUNDAI ELANTRA GL**  
STD • 34056km  
st:33047 • **\$8,450** • bw:\$92\*

**11 SMART FORTWO**  
LOADED, PANORAMIC ROOF • 23464km  
st:33682 • **\$13,670** • bw:\$116\*\*\*

**07 HYUNDAI ACCENT GLS**  
STD • 102442km  
st:33670-A • **\$5,950** • bw:\$65\*

**07 NISSAN ALTIMA 2.5SL**  
LOADED, A/C, LTHR, AUTO • 76686km  
st:33835 • **\$11,930** • bw:\$131\*

**10 SENTRA XTRONIC**  
LOADED, A/C, AUTO • 60529km  
st:32385 • **\$11,400** • bw:\$97\*\*\*

**08 YARIS CE**  
STD • 95550km  
st:33951 • **\$7,950** • bw:\$87\*

**07 TRAILBLAZER 4WD**  
LOADED, A/C, ROOF • 79210km  
st:33199 • **\$14,870** • bw:\$163\*

**11 DODGE AVENGER SXT**  
LOADED, A/C, ROOF, AUTO • 24624km  
st:33540 • **\$16,850** • bw:\$143\*\*\*

**08 NISSAN MAXIMA 3.5SE**  
LOADED, A/C, AUTO • 89027km  
st:34120 • **\$14,870** • bw:\$163\*

**08 VOLKSWAGEN RABBIT**  
LOADED, A/C, AUTO • 83644km  
st:33925 • **\$11,670** • bw:\$128\*

**09 TOYOTA MATRIX**  
LOADED, A/C • 68124km  
st:33622 • **\$12,960** • bw:\$123\*\*

**08 ACURA CSX**  
LOADED, A/C, LTHR, ROOF • 81716km  
st:33762 • **\$14,970** • bw:\$164\*

**08 MINI COOPER CLUBMAN**  
LOADED, LTHR, ROOF • 70545km  
st:33687 • **\$18,650** • bw:\$205\*

## GREAT DEALS ON CONVERTIBLE CARS!



### 10 Sebring Touring

• CONVERTIBLE,  
Loaded, A/C  
• st: 33209  
• km: 17028

**\$22,850**

\$182\*\*\*  
Bi-weekly



### 10 Mustang

• CONVERTIBLE,  
Loaded, Lthr  
• st: 33737  
• km: 37399

**\$24,890**

\$198\*\*\*  
Bi-weekly



### 07 PT-Cruiser Coupe

• CONVERTIBLE,  
Loaded, A/C  
• st: 33497  
• km: 85621

**\$11,650**

\$128\*  
Bi-weekly



### 09 Audi A4 Quattro

• CONVERTIBLE,  
AWD, Loaded, Lthr  
• st: 33874  
• km: 23268

**\$32,950**

\$350\*\*  
Bi-weekly



### 06 New Beetle

• CONVERTIBLE,  
Loaded, A/C  
• st: 33914  
• km: 105000

**\$12,650**

\$139\*  
Bi-weekly



### 11 Chrysler 200

• CONVERTIBLE,  
Loaded, A/C  
• st: 33756  
• km: 19326

**\$24,620**

\$197\*\*\*  
Bi-weekly



ARE YOU EMPLOYED  
BY FEDERAL, PROVINCIAL OR  
MUNICIPAL GOVERNMENT?  
IF YES, FINANCE YOUR VEHICLE AT MEGA &  
RECEIVE OUR BANK COMMISSION OF UP TO  
**\$500**

**www.megaautomobile.com**

**1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277**

**JUST 5 MINUTES FROM DOWNTOWN OTTAWA.**

**OPEN 8 DAYS A WEEK - BILINGUAL STAFF**

Disclaimer: Bi-weekly payments include all taxes. \*60 months (130 payments) \*\*72 months (156 payments) \*\*\*84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.